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Desert Voice Magazine
Serving U.S. and Coalition Forces in Kuwait

March 7, 2007



Lessons from combat

Camp Buehring medical training based on lessons from medics in Iraq

DV Contents

Page 3

Tips, hints for managing stress during a deployment

Page 4

Camp Buehring medical training uses lessons learned in Iraq

Page 6

Training boosts vehicle safety in Kuwait, while increasing awareness for drivers everywhere

Page 8

Separated in the U.S., two cousins meet each other for first time in Kuwait

Page 10

Dining facilities in theater -- their guidelines, goals

Page 11

March in Third Army history

Page 12

Prepare your body for Kuwait's version of the St. Louis half-marathon

On the cover

Soldiers from the 1st Infantry Division's 4th Brigade Combat Team practice medical procedures at the Combat Medical Skills Trainer at Camp Buehring, Feb. 17.

Photo by Staff Sgt. Patrick N. Moes

Stress is a fact of life: keep it in perspective

How we respond to our environment helps define who we are. Our actions, whether positive or negative, directly affect those around us.

Stress, whether mission related or due to personal issues, is a fact of life. Some thrive in stressful environments and perform exceedingly well. For others, stress overwhelms them and their performance suffers.

During deployments and in times of war, the nature and impact of how we react to stress may seem magnified. For servicemembers, being able to successfully deal with stress may mean the difference in mission accomplishment or mission failure, and sometimes the result is life or death.

Many stressors arise as we go about our daily missions. Some of these may be a continuation of issues we were dealing with before deployment, such as relationship or financial concerns. If we use the resources available to us to combat these stressors, we will be more confident to handle the next hurdle we encounter. But when we are overwhelmed, additional stress may compound the situation and makes things worse.

Being deployed for an extended period, as many of the troops in this theater have been, can present unique changes we have to deal with. Some of those changes will be subtle, like an improved physical fitness program, while some will become major, such as the dissolution of a marriage due to separation.

Soldiers who are suffering from the stress of deployment, or from combat stress, shouldn't try to slug through it by themselves.

Some of the resources available to each of us include our battle buddy, chaplains and medical professionals.

As with almost everything in the military,



**Third Army Commanding General
Lt. Gen. R. Steven Whitcomb**

having a battle buddy makes it easier. Having someone to share your concerns, fears and ideas with can often allow you to resolve a problem. Battle buddies truly play an important role in taking care of our health -- doing a "signal check on our sanity" from time to time. When your battle buddy cannot help you deal with stress, talk to a chaplain. Our chaplains are combat multipliers and have a wealth of experience and can offer ways to

deal with many issues that may arise during deployment. Chaplains are non-judgmental, good listeners and have experience.

The third alternative is to seek assistance from medical personnel who provide counseling and treatment when stress becomes more than we can handle on our own, with a battle buddy or chaplain. Unfortunately many Soldiers still believe there is a "stigma" attached to seeking medical help for stress -- that we all should be able to "bull through" our problems. But just as we would not "bull through" a broken leg without consulting a doctor, we should not shy away from the experts for other ailments.

Not all of the "stress" or changes will necessarily appear overnight. It has a tendency to creep into one's life. This makes it even more important to pay attention to differences in attitude, behavior and performance in ourselves and our battle buddy.

"The best stress reliever I have found over the years on deployments is to set three personal goals for myself: may be more PT, writing letters, reading, saving money or losing weight, something non-military that allows me to unwind -- try it."

Keep stress in perspective -- it is a part of life and a part of military service. It is healthy -- always helped me do more push-ups on the PT test or shoot better at tank gunnery.



Stress management: hints, tips for “keeping it together”

Staff Sgt. Patrick N. Moes
40th PAD NCOIC

We’ve all known a person that claims the scenes from “Office Space” reflect their day-to-day work experiences.

Although the movie may poke fun at the daily routines and the underlying regimens of daily life in the work place, it does reflect the realities of stress in the workplace.

The results of job stress are unmistakable. The Center for Disease Control’s Web site defines job stress as the “harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker.”

These responses may affect the cohesion of a unit. Recognizing them is the first step in creating an environment that is less stressful, according to the

CDC’s Web site.

Symptoms of stress include: nausea, rapid heartbeat, increased blood pressure, headaches, muscle aches and a disturbance in sleep and/or appetite, said Third Army/ U.S. Army Central Chaplain (Lt. Col.) Don German.

These symptoms affect anyone at anytime.

“Stress is inescapable; stress is continuous; only the levels change,” said German. “Individual differences exist in [our] reaction to the stressors.”

With many servicemembers working long hours on a daily basis, they need to know that they are not alone if they feel some level of stress.

“[Stress] can come [from] anything; it all depends on the individual and how they react to the stressors,” said German.

Military members must be able to cope with their stress. “A

servicemember who cannot cope with the stressors that come into their lives will not be able to function properly,” said German.

If servicemembers are having difficulty coping with their stress, there are a few things they can do to cope with the added demands of a deployment and long work hours. Exercise, nutrition, social support, time management and religion are all good techniques for reducing stress, said German.

If you would like to receive more information, contact the Area Support Group-Kuwait chaplain’s office at 430-1367 or the Mental Health Clinic at 430-7038.

Don’t wait until it’s too late before seeking help to reduce your stress. Stress can be harmful to your health and deployments are not the place to mimic the stresses of an “Office Space” environment.



Feeling
Stressed?

Photo illustration by Staff Sgt. Patrick N. Moes

Lesson Camp Buehring on lessons



Photo by Staff Sgt. Patrick N. Moes

Staff Sgt. Patrick N. Moes 40th PAD NCOIC

Four life-size mannequins with various injuries lie on a blood-stained floor Feb. 17 at Third Army/U.S. Army Central's Camp Buehring Training Village.

The mannequins, depicting common injuries on today's battlefield, are surrounded by walls covered with signatures and quotes from servicemembers.

On this day, those servicemembers

are Soldiers from 1st Infantry Division's 4th Brigade Combat Team. They are sitting on benches attached to these covered walls and listen intently to the words of Brent Cloud, the Combat Medical Skills Trainer's primary instructor, as the mannequins depict common injuries which occur on the battlefield.

"The training engrains basic concepts in the mind," said Cloud, a retired Special Forces medic. "It's the steps to take care of someone's life."

This instruction was a last-chance

opportunity for medics and combat lifesavers alike to become self-assured with their skills and training before heading north for Operation Iraqi Freedom.

"The class builds confidence," said Sgt. Jerome Cone, noncommissioned officer in charge of Medical Platoon, Headquarters, Headquarters Company, Brigade Special Troops Battalion, 4th BCT. "Medics can feel comfortable working anywhere in a variety of situations."

Classes are unlike the typical combat lifesaver class. Cloud said he created the current curriculum based on combat medical skills and wounds they are likely to encounter up north.

"There are a lot of expedient



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Thring medical training based s from medics in Iraq

measures taught,” said Cone, a Baltimore, Md, native. “We can use these skills for care under fire.”

“It’s prioritization of treatment,” said Cloud, a Fayetteville, N.C., native.

Cloud said his knowledge of wounded Soldiers comes from first-hand experiences of Soldiers in Iraq.

“I’m getting feedback from the kids up north,” said Cloud. “Fortunately, it’s good feedback.”

He recalled an e-mail he received a few days prior which said the fragmentary wounds to the chest are not huge and warned medics to look out for the smallest injuries because they could lead to death.

Cloud took this information to heart and instituted it into his class

immediately.

With timely curriculum leading the medical training and an instructor that can speak with first-hand knowledge about the subject, it is of little mystery that Soldiers left in awe of the skills they received.

As the class concluded, numerous Soldiers could be heard saying “thank you” and “that was the best medic class ever.” They too, like many Soldiers before them, left a piece of their legacy in the form of advice and signatures on the enshrined walls as they departed to complete the rest of their training before departing for their mission in Iraq.



Photo by Maj. April N. Olsen

(Top left) Soldiers from the 1st Infantry Division’s 4th Brigade Combat Team practice medical procedures at the Combat Medical Skills Trainer on Camp Buehring, Feb. 17. Led by primary instructor, retired Special Forces medic Brent Cloud, the training draws from lessons learned in Iraq.

(Left) Brent Cloud, primary instructor of the Combat Medical Skills Trainer at Camp Buehring, talks to 4th Brigade Combat Team, 1st Infantry Division Soldiers about medical treatment of a casualty, Feb. 17.

Lessons Learned by Brent Cloud

primary instructor,
Combat Medical Skills Trainer

⇒ In injuries from blasts, burns are a common associated injury. It’s important to watch the airway closely and be prepared to intervene in case of inhalation injuries.

⇒ Shrapnel can be extremely small. A hole in the thorax the size of a grain of rice can, in fact, be the causative agent behind a tension pneumothorax, statistically the number two killer on the battlefield that we can do something about.

⇒ Always try to find a second, or even a third, use for what you carry on your person or in your kit. It’s good economy of motion and supplies if you can find an alternate application for what you have.

⇒ Most importantly, think outside the box when confronted with complex situations. Learn the principles of what you hope to achieve, then figure out what works best for you and stick with it. Effective simplicity rules when chaos rears its ugly head.

Dangerous Curves!

Driver's safety class in Kuwait has universal benefits

Sgt. Thomas L. Day
Desert Voice Staff Writer

From October 2003 to October 2004, 267 Soldiers were killed in vehicle accidents.

In the same period of time, the total of American servicemembers lost in combat in Afghanistan totaled 19.

With this in mind, units operating at or rotating through Camp Arifjan, Kuwait, have dispatched Soldiers of all ranks to the U.S. Army Advanced Skills Driver Course, offered twice a day at the George S. Patton Army Airfield on Camp Arifjan.

"Our particular training can be used on all roads not only in Iraq and Kuwait but in the United States as well," said Henry Handler, the ASDC supervisor, a contracted worker with Combat Service Associates.

The course teaches seven maneuvers, with students rotating through five vehicles.

The first station teaches controlled breaking, where the driver will speed

up to 50 miles per hour, quickly break and swerve around a "stalled vehicle" (simulated with cones).

Evasive steering is taught by emphasizing this point: Less time is needed to steer a vehicle around an object than is required to stop before striking it.

The "serpentine" exercise tests the driver's steering ability, where a driver will maneuver left and right around six cones. The instructor, in this exercise, will reinforce the driver's hand positions on the wheel. The key to maintaining control, Handler explains, is holding of the steering wheel at the three and nine o'clock positions. Holding the wheel at the ten and two o'clock positions will put your arms in the way of the air bag in the event it has to be deployed.

Parking exercises, Handler said, are "probably the most boring but the one people use the most." Drivers are tested on their abilities to back a

vehicle into a parking space in a rigid, straight line.

Drivers are also tested on their abilities to recover control of a vehicle after the have veered off road.

The last two exercises are what Handler calls "the star of our show." The class tests drivers on skid control while turning around a curve and while making a sharp turn.

The simulated conditions are accomplished by removing the driving shaft and the rear wheels from an SUV and replacing them with wheels that look small enough to be from a John Deere lawnmower.

Drivers feel like they are ice skating for the first time. One driver, Handler recalled, took a sharp turn on the course with one hand on the wheel and the other covering her eyes. "She was from California."

Instructor Mac McCalmon asked the class, prior to the skid control exercise, if anyone suffered from motion sickness. One junior officer raised her hand.



Photo series by Sgt. Thomas L. Day



Photo by Sgt. Thomas L. Day

(Top) The Advanced Skills Driver Course includes skid training, which is simulated by removing the rear shaft and tires from a nontactical vehicle. The driver, coming around a curve, slides around as if driving on an ice rink.

(Left) 2nd Lt. Mariah Porter (left) and seven classmates watch a brief instructional video prior to taking a driving test on Camp Arifjan, recently.

(Far left) A Soldier is tested on "tactically parking" a non-tactical vehicle during a driving test on Camp Arifjan.

The key, Handler insists, is targeting -- "looking where you want the vehicle to go."

'Not supposed to be fun'

Michael Schmutz, a 26-year Navy veteran, took Sgt. Jannifer Murphy on her driving exercise.

Murphy, a Wilmington, N.C. native, is a training noncommissioned officer with the 332nd Transportation Battalion. She was sent to the afternoon class on Feb. 27.

"This is not supposed to be fun," Schmutz told Murphy, in jest. "This is training."

Murphy, however, did have fun.

"When first arriving in Kuwait, I was very afraid to drive," Murphy said. "However, the teachings from this class made me aware of how to avoid accidents, and how to respond to different situations that I may

encounter while on the road.

"The training is very well worth any soldier's time," she said.

In the coming months, another vehicle will be added to the course that, with a computerized chip, will simulate the effects of an intoxicated driver.

The class is run twice a day for five days, but soon it will jump to seven days a week. The instruction usually runs about three hours.

Graduates are presented a certificate, which the wise graduates will keep in a safe place. "That certificate can be faxed to your insurance company back in the States," Handler said. "And it can qualify you for up to a 15 percent discount, depending on the insurance company."

Recognizing hazards

Currently, the Camp Arifjan course

is the only driving course of its kind that the Army offers anywhere.

That will soon change, according to Handler. "We have exported some of our (non-tactical vehicle) training to humvees and we are about to open a (up-armored humvee) familiarization course that we hope will educate our soldiers with this particular vehicle."

The up-armored humvee course will open at Camp Buehring, where many Soldiers train before entering Iraq.

"Up Armored humvees do not react as regular humvees and some of the narrow causeways near water in Iraq can cause dangerous situations for our soldiers," Handler said. "The critical angle of rollover for the M1114 is only 17 degrees and we hope that some of our training will help soldiers to recognize this hazardous situation."

In Kuwait, two cousins get the chance to meet for the first time

Sgt. Sarah Scully,
Desert Voice staff writer

Stationed thousands of miles from home and living in an environment far different from America, most servicemembers serving in Operation Iraqi Freedom have to rely on care packages, phone calls and e-mail to connect with their families and way of life.

But a Soldier and an Airman got a surprise connection to family when they found out recently that they're cousins – and they're only stationed a few hours apart.

They'd never met before.

But with a hug and a smile, they greeted each other for the first time at Camp Arifjan, Kuwait.

Army Pfc. Jarrod Feldman and Air Force Maj. Mary La Fara are second

cousins who have the same blue eyes, fair skin and easygoing personality.

"He had such a lovely smile when he saw me approach," said La Fara, describing the first time they met.

"While we are here in country, I will worry about him as I'm sure he will worry about me

– but knowing that he is close enough to keep in contact is reassuring."

Their families fell out of contact over the years – due to divorce in the family and moving to different states

– so it was a coincidence that 56-year-old La Fara found out her 23-year-old cousin served as a heavy equipment mechanic in the same combat zone.

"I e-mailed my new-found cousin to let him know I was anxious to meet him," said La Fara. "As we talked and got to know

"I hope to keep this family friendship going for a very long time. He makes me proud as a servicemember and family."

-Maj. Mary La Fara

each other, my respect for him just continued to grow."

When her parents divorced, La Fara lost contact with her father's side of the family. For more than 40 years,

she didn't know what they were like or what had happened to them all.

But now she knows. They're in different branches of the military, but they both had the same calling to serve their country and they both have jobs important to the war effort supporting Third Army/ U.S. Army Central.

"We have something that's more in common than most people can have in common with their relatives," said Feldman, a native of Broomfield, Colo.

"She's a relative to be proud of."



Photo by Sgt. Sarah Scully

Pfc. Jarrod Feldman, a heavy vehicle mechanic, works on a Heavy Equipment Transporter System in Kuwait. Feldman, stationed with the 233rd Transportation Company at Camp Arifjan, recently met his second cousin for the first time while deployed.

As an Army Reserve trauma nurse with the Contingency Aeromedical Staging Facility, La Fara keeps troops from succumbing to injuries so they can get back home to their families alive.

And as an active-duty mechanic with 233rd Transportation Company, Feldman keeps vehicles running so supplies can get up north to Iraq.

While focusing on the mission, they also focus on renewing family relationships.

"I hope to keep this family friendship going for a very long time," said La Fara, a native of Indianapolis. "He makes me proud as a servicemember and family."

And she gives him "bragging rights," said Feldman, who immediately introduced her to his Army buddies. "It was a shock to know that I have a cousin who's a high-ranking officer in the military."

But when it's just family, rank

doesn't really matter. They both found it easy to relax and share stories about each other and their families.

To Feldman, sharing conversation and coffee with his cousin made the

deployment easier.

"It helped me a lot – it seemed like we weren't deployed," said Feldman. "We have a bond and a friendship."



Courtesy photo

Army Pfc. Jarrod Feldman and Air Force Maj. Mary La Fara stand together during their first meeting at Camp Arifjan. The second cousins met for the first time in a combat zone, with the help of their families back in Colorado and Indiana.

Dining facilities follow standardized menu plan to provide balanced diet for deployed troops

Maj. April N. Olsen
40th PAD commander

It is not uncommon to see a disgruntled Soldier go through the line at the dining facility and make a selection out of frustration rather than consider the reasons behind the choice of main entrées.

“We’re here to feed and not to fatten,” said Chief Warrant Officer 2 Paul Wentz, the Area Support Group-Kuwait food service advisor.

Third Army/U.S. Army Central dining facilities follow a Contingency Operations, or CONOPS, 21-day menu plan designed by the Army Center of Excellence, Subsistence.

The intent of the CONOPS menu is to establish a standardized menu for sustained deployments in contract-operated systems such as Kuwait. Soldiers going through the serving line do not always realize the choices are designed to meet daily nutritional needs based on research and testing by ACES, Wentz said.

“The CONOPS menu is a baseline – what we have to provide,” said Maj. Steven Carozza, director of logistics for Area Support Group-Kuwait.

Under the cyclic CONOPS menu there are three breakfast menus, four short-order menus with hot-and-cold entrees, and 42 main-meal options. Wentz said each of the 21 lunch and 21 dinner menus has two entrees, two starches and two hot vegetables, with salads and dessert. The self-serve selections offer a variety of beverages, breads, condiments and a daily salad bar.

Even with the available CONOPS choices, some people still get frustrated with the cyclic nature of the menu selection, Wentz said.

“We do have a lot of flexibility,” Carozza said. “We take into account what actually works here and make recommendations.”

ASG-KU holds food service management boards every two months, said Chief Warrant Officer 4 Jacob Dingle, the USARCENT food advisor.

“The boards are an effective way of getting food service personnel in one location to update policies and menu changes that improve the quality of service to the troops,” Dingle said. “The boards help us improve the way we operate daily.”

The boards also allow food service representatives to give feedback to ACES and make recommendations for the CONOPS menu, he said.

“We have added hundreds of new items over the past three years, and we will continue to try to improve the quality we provide our diners,” Dingle said.

A January food service survey conducted by the USARCENT G4 found that portion size was a top concern for many troops, said Master Sgt. Alfred Rose, theater food supervisor.

Wentz said his office has addressed portion control with food service personnel.

“The TCNs [third country nationals] pile on the food because they are trying to make American Soldiers happy,” he said.

“Just because it’s on your plate doesn’t mean you have to eat it all.”

Navy Lt. Joshua Harding, a dietician at Expeditionary Medical Facility-Kuwait, said Soldiers are responsible for maintaining their own health.

Harding’s tips for maintaining a healthy diet include applying self control and paying attention to portion sizes and product packaging.

“Everyone is an adult here,” Harding said.

While ACES determines the requirements for meals, it is up to the individual to have an understanding of how many calories they need daily, he said.

The average male requires about 2,000 calories per day, while females need about 1,600 calories per day.

Being aware of product packaging can also help Soldiers make smart choices.

“Look at the products. Don’t assume something is one serving,” Harding said.

Despite the regulated meals based on nutrient and caloric requirements and the options made available, maintaining a healthy diet while deployed is an individual responsibility, Wentz said.

“It’s the Soldier going through the line making his own choices,” Wentz said.



Photo by Sgt. Thomas L. Day

Servicemembers at the Camp Arifjan Zone 2 Dining Facility eat lunch, March 2.



March

in Third Army History

March 22, 1945 -- Third Army crosses the Rhine River at Oppenheim. The Rhine River was a particularly tough obstacle to traverse for the Allies; the Germans had destroyed most of the bridges in retreat. Third Army liberated or captured 81,522 square miles of territory, and an estimated 12,000 cities, towns, and communities during World War II.

March 17, 1989 -- Lt. Gen. John Yeosock takes command of Third Army. Yeosock, a Vietnam veteran, had commanded the 1st Cavalry Division. Two years later, Yeosock would command "Patton's Own" in Operation Desert Shield/Desert Storm.

March 19, 2003 -- The ground invasion of Iraq begins under the command of Lt. Gen. David McKiernan, then the Third Army commanding general. McKiernan would orchestrate the overthrow of Iraqi dictator Saddam Hussein's regime with astonishing speed, capturing Baghdad just 21 days after the launch of Operation Iraqi Freedom.

Information courtesy of www.arcent.army.mil



Hometown Hero

USMC Chief Warrant Officer 3 Donald Cabral

Personnel Actions Officer
Policies/Programs, Third Army/U.S. Army Central

Cabral wears many hats, with jobs ranging from MWR planner to education officer. He even manages the Stars and Stripes distribution in Kuwait.

Cabral discusses what he misses about Denver, Colo.

"I miss my kids most of all. And I miss the snow. I'm gonna miss ski season."

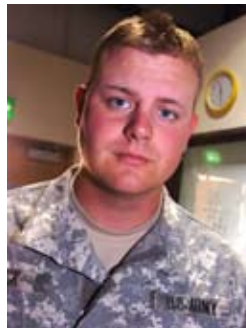
Just One Question...

Who is your favorite celebrity?



"Angelina Jolie; she's just a good actress."

Staff Sgt. Destiny Boudreaux
Transportation Specialist
217th Transportation Company
Morgan City, La.



"Steven Spielberg...there's always a human interest story, always emotion [in his movies]."

Spc. David Dick
Transporter
96th Transportation Company
Belleville, Ill.



"Robert De Niro; he's played a lot of good parts."

Staff Sgt. Demeytrian Elam
Heavy Wheel Operator
233rd Transportation Company
Trenton, N.J.



"Al Pacino; he's real."

Staff Sgt. Ricky Noid
Squad Leader
233rd Transportation Company
Little Rock, Ark.



"Denzel Washington, a great American."

Lt. Col. Rodney Pitts
Director of Logistics
ASG-Kuwait
Atlanta, Ga.



[13.1 Miles]

**Start Training
now for the Race!**
20 April @ 0500 hrs



MORE INFORMATION TO FOLLOW.

FOR MORE DETAILS CONTACT 430-1301

MWR Events

March 7 - March 31

The Rock

March 7 -- 5 vs. 5 Basketball Tournament, 6:30 p.m., Basketball Courts

March 14 -- 7 vs. 7 Flag Football Tournament, 6:30 p.m., Football Field

March 26 -- Eiffel Tower Climb Competition, 4:30 p.m., Cardio Tent

Camp Arifjan

March 17 -- St. Patrick's Day Celebration, 7 p.m., Zone 6 Community Center

March 24 -- Foosball Tournament, 7 p.m., Zone 1 Community Center

March 25 -- Company Level All Star Basketball Game, 6 p.m., Zone 1 Fitness Center

Camp Buehring

March 11 -- Brown Bag Bingo, 12 p.m., The Oasis

March 18 -- Squat Competition, 2:30 p.m., Gym

March 27 -- Halo Tourney, 8 p.m., Palms

March 30 -- National Hot Dog Day, 2 p.m., Theater Courtyard

Camp Patriot

March 15-18 -- March Madness, MWR Tent

March 21 -- Spring Fling II 5K Run, 6 a.m., beginning at West ECP

March 28 -- Billiards Tournament, 7 p.m., MWR Tent

Camp Virginia

March 9 -- Dead-lift Competition, 7 p.m., Fitness Tent

March 17-18 -- Kickball Tournament, 7 p.m., Softball Fields

March 18 -- Ping Pong Tournament, 7 p.m., Community Center

March 30 -- Doubles/Singles Horseshoe Tournament, 7 p.m., Horseshoe Pits

Camp Navistar

For information, call 430-3759

Life Support Area

For information, call 859-1054